

BEST PRACTICE CATALOG

Project Title: **GAINS THERAPEUTIC COMMUNITY-FORENSIC DEVELOPMENTAL DISABILITIES**

Function Category: ☒ PATIENT-FOCUSED ☐ ORGANIZATION ☐ STRUCTURES

Subcategory: **Care of Patient**

Heading: **Programming**

Key Word(s): **Sex Offender Treatment**

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Hospital: **Napa State Hospital**

Purpose: The GAINS Therapeutic Community treatment services provide cognitive behavior therapy for clients who have been committed as a result of sexual offenses.

Brief Description: The treatment focuses on specific goals which are related to the offense cycle. Clients participate in therapy groups (Core Groups) led by psychologists and general discussion groups (Collateral Groups) led by licensed unit staff. GAINS treatment goals remain a continual focus throughout the day, in all aspects of the client's treatment plan. Clients who have committed a sexual offense, who are able to participate in therapy groups (i.e., function in the moderate to borderline range of mental retardation) are involved in GAINS treatment. Some individuals may require an initial focus in behavioral areas before involvement in GAINS.

Selection Basis/Criteria: GAINS provides an excellent treatment modality for sexual offenders. The goals are measurable and realistic to clients served. Establishing clear, measurable goals enables the therapist to provide a comprehensive, accurate assessment of clients served.

The following items are available regarding this Best Practice:

☐ Photographs ☐ Video Tape ☐ Drawings ☒ Manual

☐ Other _____

DATE SUBMITTED: **October 19, 1998**

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